THE NORTH BAY PROGRESS

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VOL. 2, NO. 4 OCTOBER 1992

Vying for District One Seat

"Summer Bliss" Event For Candidate Jones

By Lilly Butler

With the flickering lights of Mare Island as a backdrop, more than 60 supporters recently gathered at Vallejo's Ferry Building for a fundraising event for District One Supervisorial candidate Joe Jones.

Jones, former principal of Hogan Senior High School, is challenging Barbara Kindylis for the District One seat, told those in attendance that it was important that a minority person be selected for the District One seat. The district, which includes North Vallejo, is the only district with a large enough minority population to elect a person of color, Jones said.

Jones, a lifelong resident of the district, grew up in the old Floyd Terrace Housing Project, attended Flosdent and Olympic elementary schools, and Solano Junior High School.

Understanding the people and problems of the district, Jones emphasized he would work hard for the people in the district.

"I'm a firm believer in planning one's life for what one wants life to be," said Jones who now works for the state department of education.

A strong advocate of education, Jones equally advocates on behalf of the entire community, young and old. His work in the community has extended to serving on the Greater Vallejo Recreation District for eight years, the Solano County Planning Commission, the Red Ribbon Committee, the Vallejo Economic Development Commission.

Jones is equally dedicated to his family, which includes his wife Angela, and two children.

Among those in attendance at the recent Ferry Building fundraiser were Solano County Supervisor Osby Davis, Betty Walker, Vallejo City Councilman Foster Hicks, Jim and Marian McDowell, Skip and Texana Cole, James Phelps, and recently retired Vallejo Assistant Fire Chief John Wells.

Taking a break during a recent fundraiser, Joe Jones, who is seeking the Solano County Supervisorial seat for District One, talks to Attorney Osby Davis, who currently holds the District One seat.

VOTING - OUR RIGHT, OUR DUTY

By Sharon R. McGriff
Publisher
The North Bay Progress

While talking to a friend the other day about the upcoming election, the issue of voting came up. We had spent several minutes talking about President George Bush versus Bill Clinton, the latest foot-in-the-mouth quote from Vice President Dan Quayle, and the nation's economy.

I asked my friend whether he planned to vote before he went to work or after. He looked at me with a matter-of-fact expression and said, "Oh, I don't plan to vote... I'm not impressed with either political party enough to waste my time."

I was so surprised by my friend's statement -- he always impressed me as politically astute — that I stared at him for what seemed like minutes, not seconds. I said, "what did you say?" He repeated his words, this time in a more joking manner. "Read my lips... I'm not going to vote for any of them."

As he spoke, I thought of a time, not too long ago, when the question of whether we would vote was moot. In most situations, especially in the South, we couldn't vote. To attempt to cast a ballot would land most African-Americans in jail, or hanging from a tree like so much "strange fruit."

As I stared at my friend's dark brown face I thought about poll taxes, literacy tests, and our inability to vote for someone who would make fair decisions about how we lived. I also thought about such brave African-Americans, known and unknown, who dared attempt to vote not just for their own sake, but for those coming behind them.

I looked at my friend and thought about how well he has done materially over the past 20 years -- he holds both an undergraduate and graduate degree, owns a nice home, drives a sleek new car and has entree into places his parents and grandparents could only dream of. While he expressed his dismay about lack of choices, I thought about a life with few, if any choices -- or worse than than -- choices made for us without our knowledge or consent.

In the name of all those who came before us, and all those who follow, cast your ballot on November 3.

WHY I VOTE

Voting is a way of exerting some form of control over your lives and making positive contributions to the future. No matter what the outcome of an election, I know that I have made an effort to let my voice be heard, rather than passively letting others make decisions that will effect me and my family.

Most blacks in America have had anywhere from none to very limited control over the outcome of their destinys — in the past as well as today. Look at the incident with Rodney King' After the verdict of those accused on his beating, we immediately felt a sense of helplessness and a betrayal of the legal system. But a new trial for those previous acquitted of violating King's civil rights has been initiated. Why? Because of previous laws passed.

A strict enforcement of the civil rights of blacks in the 60's were largely due to the elected administration that was put into office by only a 5 percent margin. During this same administration, more civil rights laws than ever before or ever since were passed.

When we cast our ballots, we are saying - we know what we need and we are doing something about it - not taking the chance that someone else will do it for us.

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Joe Jones For Supervisor-District One

- Family - wife Angela, daughter Tiffany, son Bryan
- 41 years old
- Graduate, Vallejo High School, 1969
- Graduate, Cal State Univ. Hayward, BA
- Graduate, Cal State Univ. Sacramento, MS
- 20 Years in Public Education
- Red Ribbon Committee
- Commissioner- Vallejo Economic Development Commission
- Member- Solano County Planning Commission
- Past Board Member- Vallejo Recreation District
- Past Member- Vallejo City Interagency Committee on Schools
- Past Council Director- Campfire Boys and Girls

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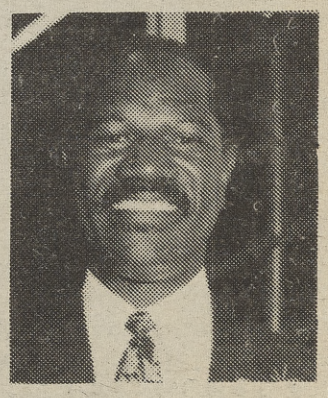

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Learn To Enjoy Your Job

Are you feeling stuck or trapped in your role as parent/student/worker? What can you do to be happy in your present job? Susan Chandler Tellefsen, a motivational speaker, will present a free seminar "Enjoying Your Job," from Noon-1 p.m. on Wednesday, Oct. 21, in Room 804 at Solano Community College.

Tellefsen has had a wide variety of life experiences as a professional, a community volunteer and a single parent. "As a single parent, raising two children, I have worked in many areas," she says. She own search for personal happiness has taught her the importance of attitude and positive thinking. "Point of view or outlook is an important factor in happiness. When my focus is on what is satisfying, I'm more content, and others around me are happier with and around me," she explains. She has worked as a restaurant manager, bed and breakfast manager and owned her own catering business.

Tellefsen was a re-entry student. "For self improvement I felt it very important to go back to school, starting with a speech class to help with shyness. Eventually I attended American River College, Sacramento Junior College, Sacramento State College and Napa College."

The program is sponsored by the Re-Entry program. The program also provides individual counseling by a trained college counselor, and a resource center. There is no fee for any of these services. The program is funded through a grant from the federal Vocational Education Act. For more information about the seminar or any of the services provided by the Re-Entry program, call counselor Carol Lilleberg at 864-7101, Tuesday through Thursday.

African-American College Staff/Faculty Meet With The Community

By Sharon R. McGriff

Networking to increase the visiability of African-American students and instructors at Solano Community College was the focus of a recent event at the community college.

Sponsored by the Solano Community College African-American Staff Association, the event, held in the student center, was attended by about 50 Solano County residents and instructors attempting to forge a stronger alliance with one another.

In welcoming remarks to the gathering SCC President Dr. Virginia Holten praised the African-American staff, saying that members have consistently provided much needed mentoring and support to students on campus.

Area residents not only met and talked to members of the association, they were informed of scholarship and other academic programs that are currently provided by the association. The organization is currently raising funds for a Malcolm X scholarship, which will be awarded in April, and a book loan scholarship, which is ongoing.

In addition to learning of programs, attendees heard of the association's history and struggle at the college.

In the late 1960s, a time of unrest on many college campuses, Solano Community College, then located in Vallejo, was grappling with an awakening Black student body.

Milton Combs, a SCC instructor, recounted those days, pointing to the takeover and subsequent arrest of 21 Black students on the campus.

During the same time period, and as a response to changes on campus, Black instructors formed the Ebony Staff Association, an informal gathering of concerned faculty and staff. The name of the organization was changed in the 1970s to the Black Staff Association. The organization subsequently changed its name to the Solano County African-American Staff Association.

The organization's goals are to increase the numbers of African-American students and stamp their drop-out rate.

The organization also seeks to promote the hiring and promotion of qualified Black faculty and staff; recognize the contributions of Black leaders, and recognize African-American students who demonstrate outstanding academic achievement.

Fighting Back To Form An Alcohol Policy Coalition

A component of Fighting Back's plan to reduce the demand for alcohol and other drugs in the City of Vallejo, will be accomplished through the formation of an Alcohol Policy Coalition made up of Vallejo residents and agencies that are involved in alcohol policy issues.

Bob Goldman has recently come on board to become Fighting Back's Alcohol Policy Coordinator. In part, his job will be to bring together the many segments in Vallejo to create a blue-print for action regarding prevention of alcohol-related problems. As studies increasingly show, there are close connections being drawn between places where people buy and/or drink alcohol, and community problems such as public drunkenness, drinking and driving, violence, domestic disputes and underaged drinking.

Goldman emphasizes that "the purpose of the coalition is not to deprive any person from asserting his/her freedom of choice to consume alcoholic beverages, rather our focus will be on public issues which are directly related to alcohol availability, sale and consumption."

Goldman sees his position as a liaison between the government, neighborhoods, civic, special interest and private sectors. The goal is to develop a process where acceptable resolutions to problems can be initiated before they escalate. If you would like more information on the Alcohol Policy Coalition, please write Bob Goldman at Fighting Back, P.O. Box 3068, Vallejo, CA 94590 or call (707) 648-5230.

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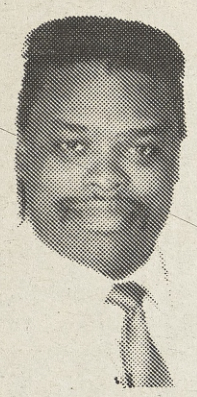

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Things To Do

Lecture On Black Aviators At Exploratorium

Historian William R. Melton will present a public lecture, Saturday, Oct. 10 at the San Francisco Exploratorium on the experiences of African-Americans in aviation. The lecture, which starts at 2 p.m., will cover Black aviators from Bessie Coleman, an early stunt pilot, to the pioneering Tuskegee Airmen.

The lecture is part of Fleet Week events taking place around the Bay Area through Oct. 15. For more information call the Exploratorium at (415) 561-0360.

Solano Adult Day Care Center First Annual Banquet Set For Oct. 30

The Solano Adult Day Health Care Center in Fairfield was first incorporated in 1987. Since that time it has provided day social and health care to nearly 20 adults and elders per day. Many Solano County citizens have worked hard to establish and maintain the Center. We are pleased to announce that we will honor the founding board members at the Firts Annual Recognition Banquet from 7 p.m. to 10 p.m. on Oct. 30.

Sam Caddle, Solano County Supervisor, will be master of ceremonies. Our guest speaker will be June A. Cichowicz, Executive Director, Solano-Napa Agency on Aging. She will talk about the future of services for adults who are disabled and elders in Solano County.

The banquet will be held at the Suisun City Senior Center, 318 Merganser Drive, Suisun City. Reservations are $25 per person. Please call the Solano Adult Day Health Care Center, (707) 425-0820 for reservations, and join us in honoring the founding board members of the Solano Adult Day Health Care Center.

Allensworth Rededication Scheduled For Oct. 10

The 16th Annual Rededication of the Colonel Allensworth State Historical Park will be held Saturday, Oct. 10 from 10 a.m. to 4 p.m.

The town of Allensworth located 38 miles north of Bakersfield was founded in 1908, and is the only California community built and governed by African-Americans.

Enjoy a full day of family fun including park tours, hay rides, arts and crafts, great food, special guest speakers and music and entertainment. For more information call (805) 849-3433 or (916) 653-8148.

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Baby Toddler - Youth Pageant Sign-Ups

JAR Productions has started signups and registration for North and East Bay Area's First International Baby-Toddler-Youth pageant. This includes a baby pageant for infants from 4 months - 20 months and a talent search pageant for toddlers and youth from 20 months - 11 years old. Talents may range from singing, dancing, acting, reciting to pantomiming and impressions. Registration fee is $40.

This event will be held Sunday, Nov. 22 at Hogan High auditorium at 850 Rosewood St., in Vallejo. Registration information is as follows:

—Vallejo-Kennedy Library Oct. 1 (Thurs.) 5-8:45 p.m.; 505 Santa Clara St., Oct. 3 (Sat) 1:45-4:45 p.m.; Vallejo, Ca. 94589 Oct. 10 (Sat) 10-1 p.m.
—Benicia-Benicia Vet's Hall, Oct. 3 (Sat) 9-12 p.m.; First St., and Military, Oct. 10 (Sat) 2-4 p.m.; Benicia, Ca. 94510

—Vallejo-Kennedy Library, 505 Santa Clara St., Vallejo, Oct. 1 5-8:45 p.m. Oct. 3 1:45-4:45 p.m. Oct. 10, 10-1 p.m.;
—Benicia-Benicia Vet's Hall First and Military, Benicia, Ca. Oct. 3 2-4 p.m.
—Benicia-Benicia Vet's Hall, First and Military, Benicia, Ca. 94510 Oct. 3 9-12 p.m. Oct. 10 2-4 p.m.
—Fairfield-Fairfield Library, 1150 Kentucky, Fairfield, Ca. Oct. 10 2-4 p.m. Oct. 15 6-8:45 p.m.
—Berkele-Berkeley Library, West Branch, 1125 University Ave., Berkeley, Ca. 94702 Oct. 2 5:30-9 p.m. Berkeley Library, South Branch, 1901 Russell (at Martin Luther King, Way) Berkeley, Ca. Oct. 8, 6-8:45 p.m.

For further information call/ (707) 746-7869 or (707) 553-1781.

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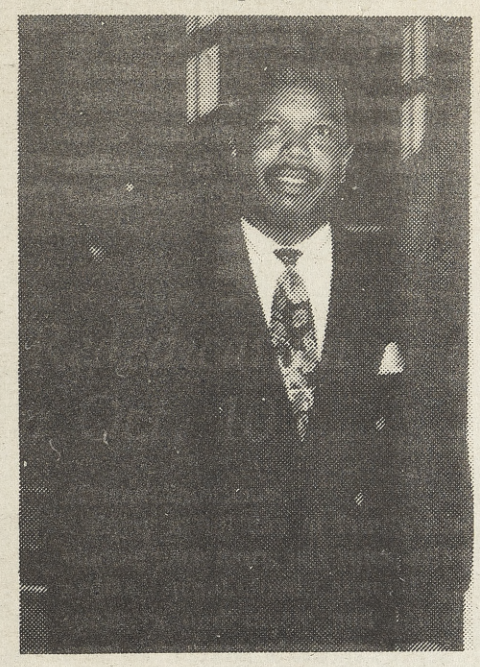
"Summer Bliss" Affair For Joe Jones

Jim and Marian McDowell were on hand for the Joe Jones fundraiser held in the Ferry Building.

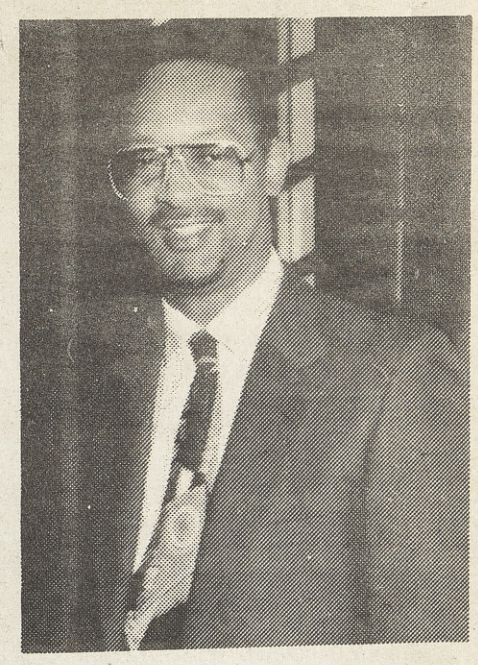
All photos by Loviel Cardwell

Betty Walker and Jolena McLemore helped coordinate the affair. Walker owns B&B Realty.

Skip and Texana Cole attended the Jones' affair.



Foster Hicks, Vallejo City Councilman, enjoyed the "Summer Bliss" fundraiser.



James Phelps, businessman and chairman of the Vallejo Black Chamber of Commerce.

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The city of Assisi

Gastronomical Assisi

By Christine Trembley

The region of Umbria, right in the center of Italy, has been gifted by nature with a soft landscape that has miraculously preserved its beauty intact throughout the centuries. The town of Assisi which is built on Etruscan and later Roman ruins is the birthplace of San Francesco (St. Francis) who founded the order of the Franciscans in 1209. Strolling in Assisi's labyrinth of narrow streets and stone buildings that have changed very little since the 13th Century gave me the impression of having stepped back into the Middle Ages.

Ancient culinary traditions dating back to the Etruscans (8th century B.C.) still prevail to this day in Umbria. It can be observed in their passion for cured or roasted bore's meat and game cooked with vinegar and wild herbs. You can still find a bowl of "farro" which is a grain (Triticum Durum Dicoccum) not unlike wheat, rye or oats. It is made into a porridge and used to be the base of a Roman soldier's diet.

Throughout the year the city holds a variety of festivals. Some religious, as on October 4 when thousands of pilgrims come to Assisi to participate in the celebrations of San Francisco, and some of pagan origin such as May 1st when everyone in Assisi and its surroundings celebrtes the return of spring with parades in medieval costume, games, and a competition between the lower and upper parts of the city in singing ballads of love. The traditional dish of the festival is porchetta (roasted suckling pig).

Assisi's chefs love to cook with truffles, they use them on just about anything. The tartufi neri (black truffles) are found in abundance in the nearby forest of Norcia. These black truffles have a very pungent "mushroom" scent and a delicate woody flavor.

Whatever time of the year you might happen to be in Assisi you can be certain of finding something beautiful to see and something delicious to eat. After numerous visits I have concluded that it is impossible to find a bad meal in this enchanted place.

These restaurants offered exceptionally good regional dishes:

Il Menestrello, Via St-Gregorio No. 1. Tel: (075) 812334

Try their "Strangozzi al tartufo nero" (fresh ribbon noddles with black truffles). The Chef has a special touch with meats and game. Try their "filetto di manzo in agro-dolce (filet mignon with a vinegar based sauce.)

Trattoria La Fortessa (famiglia Chiochetti), Via della Fortezza No. 2B. Tel: (075) 812418.

Try the pasta with the sugo di capra (Goat meat and vegetable sauce). Anything from the forest is featured here, try the "Piccione alla maniera di Assisi" (pigeon made in the fashion of Assisi, with lemon rind, olive oil and fresh sage).

RECIPES

(for 4 people)

Strangozzi al Tartufo Nero
fresh ribbon noodles with black truffles

4 cups of all purpose flour
1 egg, water
1 cup of extra-virgin olive oil (preferably from Umbria)*
2 anchovy fillets finely chopped
2 cloves of garlic finely chopped
1 large black Norcia truffle, grated finely*

For the pasta: Work the egg and the water into the flour to form a pliable dough. Knead until it becomes all even colored and elastic and it no longer sticks to the hands. Roll out the dough with a pasta roller (pasta machine with a crank) until setting No. 6. Let it dry for 15 minutes. Roll up the pasta sheets tightly widthwise (you will get a very long roll about 1½" thick with each sheet). Cut into strips ¼" wide. Unrol the ribbons and let dry 30 minutes on a floured surface.

For the sauce: Heat the olive oil in a double boiler, add the anchovies and cook gently until dissolved. Add the garlic and continue to cook gently until soft (DO NOT LET THE GARLIC BROWN). Add the black truffle.
black truffle.

Bring a large pot of salted water to a boil and cook the strangozzi until al dente, tender but still firm. Drain the pasta and transfer to a hot serving dish. Add the truffle sauce, stir well and serve with toasted Italian peasant bread.*

Piccione Alla Maniera Di Assisi
Piegeon made in the fashion of Assisi

2 fresh pigeons* cut in half (or Cornish hens)
½ cup of extra virgin olive oil (from Umbria)
4 fresh sage leaves
1 spring of rosemary
1 garlic clove, chopped finely
2 cloves
1 anchovy fillet, chopped finely
zest of 1 whole lemon
1 glass of white wine (dry)
1 tablespoon of wine vinegar
1 tablespoon of soft unsalted butter mixed into a paste with 1 tablespoon of flour
salt and pepper to taste

Sautee the pigeons in half the olive oil in a non-stick pan until browned. Place the pigeons and the rest of the ingredients in an oven dish (terra cotta is best). Add salt and pepper. Bake at 400°F for 20 minutes. Lower temperature to 350°F and continue baking for approx. 1 hour (until the skin is golden brown). Baste frequently. Put the pigeons aside in a warm dish and rain the cooking juices through a sieve. Bring to a boil in a sauce pan, add the butter/flour mixture, stir until thickened, add salt and pepper to taste.

Recipe from Sig. Chiocchetti from "Trattoria La Fortezza."

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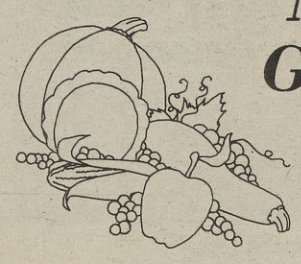

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Fall, Winter Means Colds

By Alan Sunbeam, L.A.

Fall is here; cooler nights, sunny afternoons, morning dew.

The herbs are changing too, storing summer sun in fat roots making next years' seeds. Some plants have already finished and died. Others are just beginning to thrive. Some call loudly for our attention such as Rose Hips bright redness seen against a green leaf background, or acorns crunching underfoot (or falling on our heads). A delicious tea may be made by simmering several rose hips in a cup of water. This pleasant tea will be chock full of healthy vitamin C, which is so very important for enhancing the immune system against the coming season of wind and chill.

Traditional herbalism considers wind and chill as the two main causes of colds and flu. Of course this is poohpoohed by most MD's, but if a person feels worse after being exposed to even the slightest breeze or hint of chill in the air - that is evidence of invasion of wind or cold through the body's defense! Following this same logic, herbs are used to either warm the body such as: cayenne, cinnamon or ginger; or to open the skin's pores and drive out the wind such as: peppermint, ginger or onions.

An effective method of sweating out a cold is to drink ginger tea, 3 thin slices of fresh ginger root simmered in several cups of water. After drinking two cups of tea, get in bed and stay well covered while the sweat pours out.

Good Health

A pleasant, warming recipe for a cold or flu with chills is to make a pot of onion soup. Once again one should get all snuggled under heavy covers while the sweat comes out after drinking soup.

ONION SOUP

Pell and cut 4 large onions and saute in 2 tablespoons of oil until golden brown. Blend in about 2 tablespoons of flour and cook for 2 to 3 minutes. Stir in 2 quarts of water or stock and simmer for 40 minutes. Season to taste, then serve hot. Yummm!

For fevers there are many teas that have been used such as elder flowers, willow bark or tansy. Many herbs have been proven effective for antibiotic or anti viral activity. Two of them are currently popular, Golden Seal and Echinacea. In my home we use A Jethro Kloss formula consisting of Golden Seal, Echinacea, Myrrh and Cayenne in equal proportions.

A small amount of Eucalptus oil may be added to a vaporizer to further open the lung and nasal passages of a croupy child. Chamomile tea is safe for children's fevers, as is tea made of mint and elder flowers mixed in equal proportion.

As the cold weather settles in, an appropriate drink to be made is hot spicy apple cider. The spices that are used for this are all very warming in nature: cinnamon, cloves, and cardamom are the basic ones. This delicious brew is better to serve at your cold season parties than wine, and won't require a designated driver.

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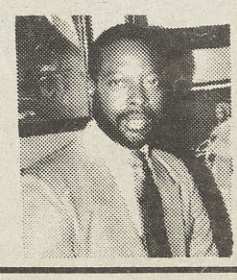

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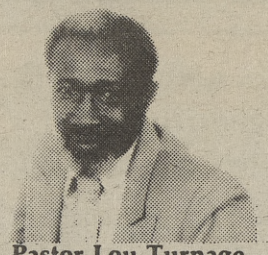

Pastor Lou Turnage
President Paradise District Congress of Christian Education

Evening Worship	6:30pm
Sunday School	12noon
Worship Services	1pm
Bible Study and Prayer Meeting (Thursday)	7pm
Radio Broadcast Sundays	8:45am

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LIBERTY BAPTIST CHURCH

1035 Indiana St. at Colusa St.
Ph. Res. (707) 643-8510

Pastor Clifford McCarver

Sunday School	10:45 am
Worship Service	12 noon
Prayer & Bible Study - Wednesday	7:30 pm

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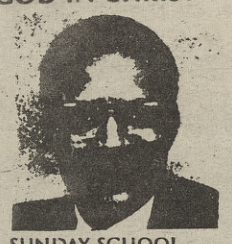

SUNDAY SCHOOL 10:00 AM
WORSHIP 12:00 NOON
YOUNG PEOPLE 6:30 PM
EVENING WORSHIP 8:00 PM
TUESDAY PRAYER & BIBLE STUDY 7:00 PM
FRIDAY EVANGELIST SERVICE 8:00 PM

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272 GILLCREST AVE., VALLEJO, CA 94591

AND A HIGHWAY SHALL BE THERE, AND A WAY. AND IT SHALL BE CALLED THE WAY OF HOLINESS. **ISAIAH 35:8**

HIGHWAY

Church of God in Christ
PH. (707) 553-8317 (707) 642-9867
525 Lincoln Rd. W., Vallejo, CA 94590

Elder Jeremiah Richardson

Sunday School	10 am
Worship Service	12 noon
Evening Service	7 pm
Tues. Bible Study	7 pm
Thursday Family Night	7 pm

FAITH TABERNACLE MISSIONARY BAPTIST CHURCH

501 Tregaskis Avenue
Ph. Ch. 552-9818
Res. 557-5444

Rev. Charles Pryor

Sunday School	2 p.m.
Worship Service	2:55 p.m.
Prayer and Bible Study, Wed.	7 p.m.

NEW HOPE MISSIONARY BAPTIST CHURCH

900 Marin Street,
Vallejo, CA 94590
Ph. Church 648-9471

Pastor Al Turnage

Sunday School	10am
Worship Service	11am
Evening Worship	7pm
Mission (Monday)	12noon
Choir Rehearsal (Tuesday)	7:30pm

THE GOOD SAMARITAN MISSIONARY BAPTIST CHURCH

407 Capitol Street,
Vallejo, Calif. 94590
Church: 648-9461

Rev. M.D. Slade

New Members Class	9:30 am
Church School	9:30 am
Morning Worship	10:45 am
Nursery Open	10:30 am
Evening Worship	6:00 pm
Communion (First Sunday)	6:00 pm
Evangelism Classes - Tuesday	7 pm
Prayer and Bible Classes - Wednesday	7 pm

Think Globally Act Locally Vote!!

Napa Valley College African-American Students Host "Black Nativity"

The African-American Students' Union at Napa Valley College will host the Allen Temple Cantateers in their 11th annual performance of Black Nativity, a musical written by the late Langston Hughes. The two-act performance will take place at the Napa School District Auditorium, Lincoln and Jefferson Streets, in Napa on Saturday, December 5th at 7 p.m.

The Black Nativity tells the Biblical story of the birth of Christ through stirring gospel songs and traditional hymns and carols as well as dramatic dance sequences. Written by Hughes, poet and journalist during the Harlem Renaissance, Black Nativity is an unpublished work that has been presented on television and performed at the Vatican by a Harlem dance group. It has also been performed for the past 21 years at the Alma Lewis School of Fine Arts in Boston. Songs in Black Nativity include: "Joy to the World," "What You Gonna Name Your Baby," "Go Tell It on the Mountain," "O Come All Ye Faithful," and "Packin' Up."

The Allen Temple Cantateers, formed in January, 1981 by Betty Gadling, Minister of Music at Allen Temple Baptist Church in Oakland, have performed for the annual Oakland Business Awards Gala, The Festival of the Lake, the National Bar Association Convention in Oakland, at the Calvin Simmons Theater, Richmond Auditorium, and the University of California, Sacramento. Ticket prices for Black Nativity are: Adults $20, Senior & Students $15, Youth (6-12) $10 and are available at the Napa Valley College Students Activities Office. This event is a fundraiser for scholarships to be awarded by the AASU. For more information call Donald Scott at (707) 253-3060.